

Who, Me? Stressed?

Compiled by Barbara Pearson; publication support by Lois Smith

Today's Issues is intended as an introduction to the literature. Washington State Employees who want a more comprehensive search on this, or any other topic should contact: Reference at 360 704-5221 or e-mail: refq@statelib.wa.gov

State employees may request items below by completing a "Request a Book, Article or Media Material" form at <http://www.statelib.wa.gov/employee/journals.cfm> for each item. For questions, contact Reference at the number and e-mail address above.

SELECTED JOURNAL ARTICLES

[Full-text articles are available electronically through the Ebsco and ProQuest databases. From www.statelib.wa.gov click on "Services for State Employees," "Articles & Newspapers." Key: **E** = Ebsco; **P** = ProQuest; **W** = print ournals at WSL

Ammondson, Pamela. "Beat Job Burnout." How to refocus and revitalize without quitting your job. **Training & Development**, September 2001. p.68+. [E, P, W]

Baker, Sandy. "#1 Way to Eliminate Daily Stress." **AFP Exchange**, Spring 2000, p.66+. [E, P]

Buxman, Karyn. "You Can't Be Serious." Humor at work: not just for clowns anymore. **Training & Development**, July 2001. p.65+. [E, P, W]

Schachner Chanen, Jill. "Amicus Canine." Man's best friend reduces stress. **ABA Journal**, August 2000. p. 85. [E, P]

Solomon, Melissa. "Rage in the Workplace." **Computerworld**, July 30, 2001. p. 32+. [E, P]

"Stop Burnout – Before It Stops Your Employees." **HR Focus**, February 2002. p. 3+. [E, P, W]

Terez, Tom. "When Fear Strikes the Workplace." **Workforce**, August 2001. p.24+. [E, P, W]

Van der Klink, Jac J. L. and others. "The Benefits of Interventions for Work-Related Stress." **American Journal of Public Health**, February 2001. p.270+. [E, P, W]

SELECTED BOOKS

Charles, C. Leslie. **Why Is Everyone So Cranky? The Ten Trends that Are Making Us Angry and How We Can Find Peace of Mind Instead.** Hyperion, 1999. 383 p. 158 CHARLES 1999

Dainow, Sheila. **Working and Surviving in Organisations: A Trainer's Guide to Developing Organisational Skills.** Wiley, 1998. 242 p. 658.3124 DAINOW 1998

DeMarco, Tom. **Slack: Getting Past Burnout, Busywork, and the Myth of Total Efficiency.** Broadway Books, 2002. 227 p. 658 DEMARCO 2002

Dewe, Philip. **Coping, Health, and Organizations.** Taylor & Francis, 2000. 295 p. 155.9042 COPING 2000

Epstein, Robert. **The Big Book of Stress-Relief Games: Quick, Fun Activities for Feeling Better at Work.** McGraw-Hill, 2000. 220 p. 155.9042 EPSTEIN 2000

Greenberg, Jerrold S. **Comprehensive Stress Management.** McGraw-Hill, 1999. 388 p. 155.9042 GREENBE 1999

Heller, Robert. **Managing People.** DK Publishing, 1999. 72 p. **158.7 HELLER 1999**

Sandler, Mel. **Winning at Work: Breaking Free of Personal Traps to Find Success in the New Workplace.** Davies-Black Pub., 1999. 210 p. **650.1 SANDLER 1999**

Stennett-Brew, Linda. **Trauma in the Workplace: The Book about Chronic Work Trauma.** Nepenthe Publications, 1997. 255 p. **158.7 STENNET 1997**

Stress – At Work. U.S. Dept. of Health and Human Services, NIOSH, 1999. 26 p. **HE 20.7102:ST 8/4**

Verma, Vinod. **Sixteen Minutes to a Better 9-to-5: Stress-Free Work with Yoga and Ayurveda.** Samuel Weiser, 1999. 193 p. **155.9042 VERMA 1999**

SELECTED VIDEOS

To order these items, please call the Multimedia Coordinator at (360) 704-5209

Balancing Work and Home. Whole Person Associates Inc. **VIDEO 658.3 MANAGIN 1994 v 6.**

Clarifying Roles and Expectations. Whole Person Associates Inc. **VIDEO 658.3 MANAGIN 1994 v 2.**

Controlling the Workload. Whole Person Associates Inc. **VIDEO 658.3 MANAGIN 1994 v3.**

Handling Workplace Pressure. Whole Person Associates Inc. **VIDEO 658.3 MANAGIN v1**

Humor Your Stress. WGBH Video. 60 minutes. **VIDEO 155.9042 HUMOR 1996.**

Managing People Pressures. Whole Person Associates, Inc. **VIDEO 658.3 MANAGIN 1994 v3.**

Stress Management: A Practical Approach. American Training Res. 18 minutes. **VIDEO 158.72 STRESS 1997.**

Success with Stress. Whole Person Associates. **VIDEO 155.9042 SUCCESS 1999 v1-v6.** (Take Charge of Your Life; Get Ready for Change; Build Healthy Relationships; Manage a Fast-Paced Life; Replace Self-Defeating Behaviors; and Develop New Stress Skills.)

SELECTED INTERNET SITES Accessed April 2002

Health and Stress-Related Issues. U.S. Dept. of Labor. <http://safetynet.doleta.gov/text/stress.htm>

Long, Dr. Phillip. **Internet Mental Health.** 2001. Well-organized “encyclopedia” site, easily accessed by topic. www.mentalhealth.com/main.html

The Job Stress Network. Center for Social Epidemiology, 2002. <http://www.workhealth.org/index.html>

Managing Your Stress. Blue Cross Blue Shield of Arizona. www.bcbsaz.com/Vitality/managingstress.shtml

NimbleFingers: Fun Time Exercises - Limbs. A dozen animated stress reduction exercises, including Neck Exercise, Shoulders Exercise, and Arm Flapping Exercise. www.nimblefingers.com/a_exer.htm

Stress Management. Arnot Ogden Medical Center, 1998. Each listed topic includes up to a dozen short presentations on different aspects of the subject. www.aomc.org/HOD2/general/stress.html

Stress Related and Mental Health: Relaxation Techniques: Best Free Articles on the Web Directory. Bacal & Associates, 2002. “Progressive Muscle Relaxation,” meditation and other relaxation techniques, with links to more sites. www.articles911.com/Stress_Related_And_Mental_Health/Relaxation_Techniques/